

# DINNERLY



## Fan Fave: Teriyaki Chicken Stir-Fry with Egg Noodles



20 minutes



2 Servings

Stir-fry chicken tenders in a sweet teriyaki sauce, tumble in carrot and peas, toss through slippery noodles and, before you know it, dinner's ready!

## WHAT WE SEND

- 1 carrot
- free-range chicken tenderloins
- 150g egg noodles <sup>1,3</sup>
- 150g peas
- 50ml teriyaki sauce <sup>1,6,17</sup>
- 5g toasted sesame seeds <sup>11</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs soy sauce <sup>6</sup>
- 1 tbs honey
- 1 tbs vegetable oil

## TOOLS

- medium saucepan
- julienne peeler or box grater
- medium deep frypan

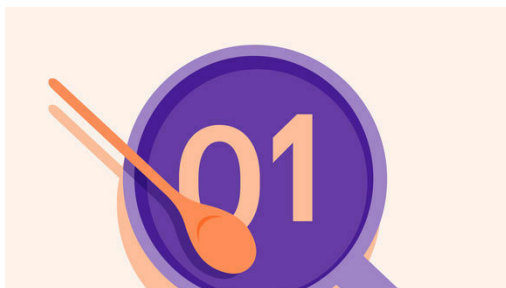
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

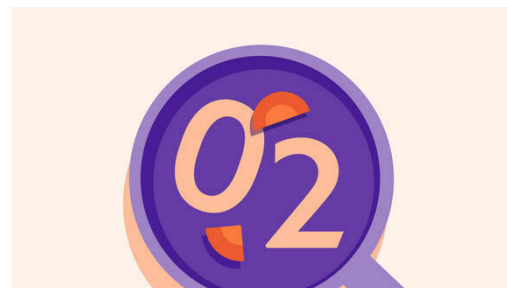
## NUTRITION PER SERVING

Energy 655kcal, Fat 11.7g, Carbs 85.0g, Proteins 48.9g



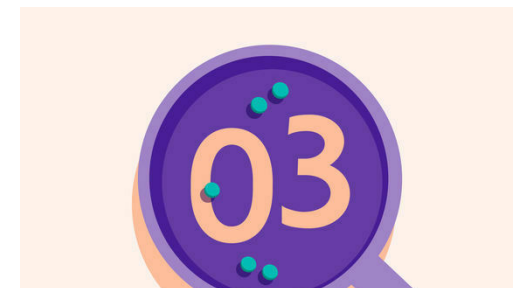
### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles and peas. Crush or finely chop **2 garlic cloves**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Thinly slice the **chicken**.



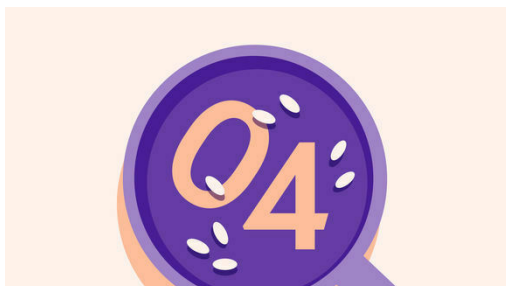
### 2. Cook noodles and peas

Cook the **noodles** and **peas** in the pan of boiling water for 2 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking.



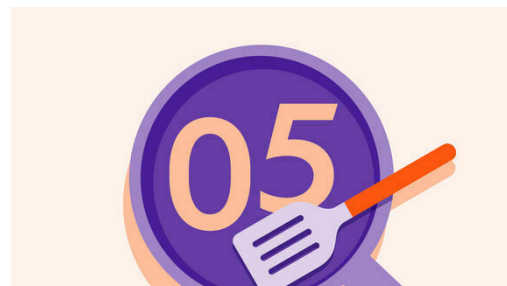
### 3. Stir-fry chicken

Put the **teriyaki sauce**, **garlic**, **1½ tbs soy sauce** and **1 tbs honey** (see Make it yours) in a large bowl and stir to combine. Add the **chicken** and toss to coat. Heat **1 tbs vegetable oil** in a medium deep frypan over high heat. Drain the chicken, reserving the **marinade**. Stir-fry the chicken for 3 mins or until browned and cooked through.



### 4. Finish stir-fry

Add the **carrot** and **reserved marinade** to the chicken and stir-fry for 30 secs or until the carrot is just tender and the marinade comes to the boil. Add the **noodles and peas** and stir-fry for 1 min or until warmed through. Remove the pan from the heat. Taste, then season with **pepper**.



### 5. Serve up

Divide the **chicken noodle stir-fry** among bowls. Scatter over the **sesame seeds** and enjoy!



### 6. Make it yours

We've suggested this amount of honey for flavour, but if you don't like things too sweet, simply reduce to taste.